Today’s Topics

- Opportunities
- Challenges and Risks
- Impacts on Brains, Behavior and Bodies
- Keep In Mind: Developmental Responses to Trauma
- What Can We Do?

Resources

- PP Handout at: www.earlychildhoodpolicy.com/courttrain.html

The Developing Brain:
What is the opportunity?

Brain Changing Prime Time

- Newborn – 400 grams
- 3 Year Old – 1100 grams
- Adult – 1500 grams

Building “Normal”

“Normal is as normal does --- every day.”

(Sheri Hill)
Early Relationships Are Important!!

"Each achievement – language and learning, social development, the emergence of self-regulation – occurs in the context of close relationships with others."

From Neurons to Neighborhoods, National Academy of Science, 2000

National Baby Facts

- 1 in 4 maltreated children are under age 3
  - www.zerotothree.org/nationalbabyfacts

Infants and toddlers who encounter child welfare
- Approximately half (35-68%) have developmental delays or disabilities.

Entries Into Out of Home Care

- National Entries (FY 2010)
  - 34% <4 years old
- Washington Children Under 5 (0-4)
  - 2012 – 50%
  - 2011 – 49%
- Pierce County
  - 2012 – 50%
  - 2011 – 46%

Early Foster Care Experiences

- Traumatic Separations
- Limited Contact with Biological Parents
- Multiple Moves
  - 85.6% of infants at least one by two years of age
  - 40% have 4 or more by school entry

Domestic Violence aka Interpersonal Trauma

Children under age 6 are disproportionately exposed to trauma, particularly interpersonal violence.

- (Chu & Lieberman, 2010; Ghosh Ippen & Lieberman, 2008)
Adverse Childhood Experiences are Common

<table>
<thead>
<tr>
<th>Household Dysfunction</th>
<th>WA (2009)</th>
<th>BRFSS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Substance Abuse</td>
<td>27%</td>
<td>31%</td>
</tr>
<tr>
<td>Parental Separation/Divorce</td>
<td>23%</td>
<td>25%</td>
</tr>
<tr>
<td>Mental Illness</td>
<td>17%</td>
<td>23%</td>
</tr>
<tr>
<td>Mother Treated Violently</td>
<td>13%</td>
<td>16%</td>
</tr>
<tr>
<td>Criminal Behavior/Incarceration</td>
<td>6%</td>
<td>7%</td>
</tr>
</tbody>
</table>


Slide 13

Brains, Behaviors and Bodies

Relationships Key to Setting Biological Stress Systems

Stress Types
- Positive
- Tolerable
- Toxic

National Scientific Council on the Developing Child
www.developingchild.net

"The good, the bad and the ugly." (Tronick)

Slide 14

Setting the Stress Thermostat

http://developingchild.harvard.edu/library/multimedia/inbrief_series

Slide 15

Disrupted Brains

Children exposed to interpersonal trauma before two had IQ scores that were on average 7.25 points lower at 5 and 8 years.


Slide 16

Trauma Impacts on a School-Ready Responsive Brain

The brains of preschool aged foster children do not respond to corrective feedback like other children in the community.


Slide 17
Disruptive Behaviors
Within a Maltreated Population
- More Frequent Exposure Before 3 to Intimate Partner Violence
- More Aggressive Behavior 5 Years Later

Holmes, MR (2013)

Disrupted Bodies:
“The Body Keeps the Score”
d e Kalk in Lieberman 2008 p15
- Frequent and prolonged bouts of crying
- Unresponsiveness to soothing
- Muscle flailing, rigidity, agitation and restlessness
- Feeding disturbances
- Sleep disturbances
- Weight loss, diarrhea, vomiting and skin rashes that have no detectable organic cause
- Increased startle response

Disrupted Bodies:
Violence and Breath
Community violence and parental conflict impacts early childhood lung function.
- Similar magnitude as:
  - Prenatal tobacco smoke exposure
  - Postnatal environmental tobacco smoke

Suglia, et al. (2008)

“Violence takes their breath away.” (S.Hill)

Childhood Stress Impacts Adult Outcomes

Negative Adult Health Outcomes

The Health and Social Impact of Growing Up With Adverse Childhood Experiences: The Human and Economic Costs of the Status Quo

www.acesstudy.org

Work in Spokane

“Early Life Experiences are Built Into Our Bodies (for Better or for Worse)”

Shonkoff, 1/7/10

Keep In Mind: Developmental Responses to Trauma

Disruptions to Relationships Matter

Young children grieve when their attachment relationships are disrupted – regardless of whether we as adults would consider it a positive, less than adequate or even abusive relationship.

Omnipotence

"...young children tend to believe that only their own behavior or intrinsic badness could explain the parent's punitive or violent behavior."

Lieberman & Van Horn (2008) p 23

Many Faces of Trauma

"Young children’s responses to violence bear the imprint of their developmental stage."


One Event – Many Experiences

- Multiple Meanings
  - What the child sees as traumatic
  - What you see as most traumatic
  - Many experiences w/in one event
- Body Agenda(s)
  - A happy, pleasure seeking body
- Reminders
  - Not so irrational behavior

Everybody’s History Matters ...... Even Yours

- What info do we rely on?
  - Why cut that ham?
  - What do we prefer
  - Why am I acting just like my mother?
- Babies Bring Up Your Stuff!!! ......
  - Powerful Remembering Context (Winnicott)
  - Video Courtesy of Circle of Security in Spokane

www.circleofsecurity.net
What Can We Do?

Support Development
Support Stability
Support Infant Mental Health

Keep an Eye on Development!

Are they making forward progress?


Children 1-5 Reported for Maltreatment

- Below Peers Developmentally
  - social-emotional
  - cognitive
  - language
  - daily living skills
  - behavioral
  - and social-skill-based

- 42.3% potentially eligible for services under IDEA

NSCAW II Wave 2
Report: Child Well-Being (July 2012)

Ensure Developmental Support

In Child Welfare ...

Less than half of likely qualified infants and toddlers have a Part C Individualized Family Service Plan (IFSP).

Casaneuve, Urato, Fraser, Lederman, & Katz (2010)
In Graham, M A (2011)

Part C in Washington

Early Support for Infants and Toddlers

Family Health Hotline
1-800-322-2588

www.del.wa.gov/esit

Support Stability: The Infant’s Viewpoint

"When we move a baby in care from one home to another home...or one placement to another placement...what we are really doing is....moving a baby from one relationship to another relationship." Dorothy Henderson, PhD, LCSW

Director, Early Childhood Trauma Services & Associate Director of Training, Institute for Infants, Children & Families, JBFCS
Support Transitions

- Consider Transportation
- Keep it Friendly
- Transitional Objects
- Consistency Counts
- Flexibility Also Counts
  - Try, observe, try again

Tips for Transitioning Babies

Support Young Children’s Mental Health

- Key Capacities
  - Experience, regulate and express emotions
  - Form close and secure interpersonal relationships
  - Explore the environment and learn
- Health & Well-Being
  - Synonymous with healthy social-emotional development.

www.zerotothree.org

Re-Thinking Venues

- What Does Venue Trigger?
- Structural Opportunities to Nurture?
- Familiar Places?
- Community Locations?
- Early Care and Education?
  - Early Head Start – PACT – Grant County
    - Brenda Jones Harden, (Aug 3, 2012)

Babies Can Suffer & Need Treatment

- Traumatic Stress Responses (PTSD) and Depression
  - Identified in Babies 4-6 months old
- ZERO TO THREE: National Center for Infants, Toddlers, and Families. (2005) Diagnostic Classification of Mental Health and Development Disorders of Infancy and Early Childhood, Revised (DC:0-3R)

An Evidence Based Treatment: Child Parent Psychotherapy (CPP)

- Attachment, Psychoanalytic and Trauma Theories
- Cognitive-Behavioral and Social Learning Therapies
- Attention to Family Cultural Values

Lieberman & Van Horn (2008)

Improvements with CPP

- Dyad
  - Relationship Interactions
  - Attachment Security
- Child
  - Behavior
  - PTSD Symptoms
  - Attributions
  - Cognitive Functioning

Miami-Dade CPP

Lieberman & Van Horn (2008)
Don’t Forget the Basics

“It’s about the kids. People talk about parents getting their children back. But really, this is about the children getting their parents back.”
Judge Douglas F. Johnson of Omaha (Healing the Youngest Children)

Early Relationships Are Important!

Resources to Help
Child Parent Psychotherapy

Supporting Early Connections
South King County WA
- Improve systems’ knowledge of how to meet the needs of young children and their families.
- Develop an effective, multi-system partnership that is sustainable and can be replicated.
- Provide early intervention mental health services for infants, toddlers and their biological parents.
- Support family/parent engagement.
Child Welfare Outcomes

- No children were re-referred
- Achieved permanency faster
- 55% of children reunified with one or both of biological parent(s)
- Almost three quarters (71%) of children were living long-term with a family member

Engagement & Mental Health

- Over 80% of biological parents stayed engaged with SEC for the full ten months of treatment.
- Improved Relationships
- Improved Child Mental Health

SEC Resources You Can Use

- Evaluation and Newsletters with Resources & Tips
  www.ccvj.org/initiatives/supporting-early-connections/
- Ongoing Current Updates to Materials
  www.kingcounty.gov/courts/JuvenileCourt/dependency/SEC.aspx
- SEC materials/presentations are also on Dr. Hill’s site:
  www.earlychildhoodpolicy.com/courtrain.html

CPP Information

- www.facebook.com/ChildParentPsychotherapy
- Resources - See Research Summary
- Training Opportunities!
  www.nrepp.samhsa.gov/ViewIntervention.aspx?id=194
- www.cebc4cw.org/program/child-parent-psychotherapy/
- Dept. of Justice and Dept. of Health and Human Services 2011: Evidence-Based Practices for Children Exposed to Violence: A Selection from Federal Databases

Child Parent Psychotherapy

- Trauma-exposed children aged 0-5
- Child seen with caregiver
- Dyad unit of treatment
- Examines how the trauma and the caregivers’ relational history affect:
  - Caregiver-child relationship
  - Child’s developmental trajectory

Key Readings

Resources to Help

Trauma

S = Resource is Available in Spanish

National Child Traumatic Stress Network

www.nctsn.org

Tons of great resources for professionals and caregivers and lots of free training options. Includes special resources for military families.

Don’t Miss!
- Child Welfare Trauma Training Toolkit 2nd Edition
- Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents
- Trauma in CW System Fact Sheet Series
- Testifying in Court about Trauma Fact Sheet
- Bench Card for the Trauma-Informed Judge

Administration for Children, Youth, and Families 4/17/12 Memo

"ACYF is organizing many of its activities around the promotions of meaningful and measurable changes in social and emotional well-being for children who have experienced maltreatment, trauma, and/or exposure to violence."

www.acf.hhs.gov/programs/cb/resource/im1204

Resources on Trauma

- In WA: Addressing Secondary Trauma
  - www.traumawisdom.org
- Office of Juvenile Justice and Delinquency Prevention & National Council of Juvenile and Family Court Judges
  - www.ojjdp.gov, National Council of Juvenile and Family Court Judges
  - www.ncjfcj.org
  - Lots of focus on trauma-informed practice
  - Don’t Miss: Toward a Conceptual Framework for Trauma-Informed Practice in Juvenile and Family Courts in Juvenile and Family Justice Today (Summer 2013)
    - www.ncjfcj.org/sites/default/files/Summer%202013%20Today%20Magazine%20WEB.pdf
- Safe Start Center
  - www.safestartcenter.org/
  - Don’t miss their tip sheets on polyvictimization
- The ChildTrauma Academy
  - www.childtrauma.org
- National Center for Children Exposed to Violence
  - www.nccev.org

More Trauma Readings


Trauma Readings

(In Reverse Chronological Order)

    - www.nctsn.org/nctsn_assets/pdfs/reports/HarrisManuscript.pdf

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National Technical Assistance Center for Children’s Mental Health

Georgetown U Center for Child & Human Development
Lots of great resources and free training conference calls
Center for Early Childhood Mental Health Consultation:
  - www.ecmhc.org
  - Great “Soc-Emot Tips for Providers/Families w/Infants”
  - Free online Trauma tutorial
  - Free downloadable short books to assist caregivers in tracking developmental progress and help young children develop an emotional vocabulary.

Depression, and Infant Mental Health Trauma Resources

- www.ProjectABC-LA.org
  - Infant Mental Health materials for parents and professionals. Don't miss their materials page: www.projectabc-la.org/resources/materials.php
  - Trauma Brochure for Parents: What is Early Childhood Trauma?
  - Short video related to Infants of Depressed Mothers Living in Poverty: Opportunities to Identify and Serve
    - www.urban.org/publications/500205.html

Resources to Help

General Early Childhood
(Starting Mostly in WA)

- Resources Available in Spanish

How is the child developing?

- Child Profile – Developmental Charts and Letters
  - www.childprofile.org A WA Resource
  - www.cdc.gov/actearly
  - www.cdc.gov/parents/infants/
  - The Importance of Early Intervention for Infants and Toddlers with Disabilities and their Families. July 2011 Fact Sheet
    - www.nectac.org/~pdfs/pubs/importanceofearlyintervention.pdf

ESIT/Part C in WA
Publications to Note

- Contact Directory
- Practice Guide: Identifying the “Parent” for Infants and Toddlers in Foster or Out - of-Home Care (20U.S.C. §§1401(23) and 1439(a)(5))

Developmental Resources for Parents

- www.zerotothree.org

Many of the resources at their bookstore come in Spanish and free materials (see below) can be purchased there in full color print:
- What’s Best for My Baby and Me?: A 3-Step Guide for Parents (comes in packs of 12)
  - Dr. Hill's favorite for families
- Tons of Free Parent Brochures and Guides
Developmental Resources for Parents

- A Family Guidebook: Supporting Development of Newborns and Infants  
  www.eicolorado.org
- Special Start Training Program  
  http://specialstart.ucsf.edu/stsp/
- She's One Smart Mom, She's Got:  
  www.Text4Baby.org
  Text BABY to 511411 (Envia BEBE al 511411 para Español)
  FREE messages each week on your cell phone to help you through your pregnancy and your baby’s first year.
  Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition.

WA Early Learning Plan

- DEL:  
  www.del.wa.gov/plan/
  Infant and Toddler Plan  
  www.del.wa.gov/publications/research/docs/Birthto3Plan.pdf
- Birth to 3 Subcommittee Investment Rec’s FY13-15  
- Office of Superintendent of Public Instruction  
  www.k12.wa.us/earlylearning/

Regional Public Health Activity

- Northwest Bulletin  
  Serving maternal and child public health professionals in AK, ID, OR, and WA  
  http://depts.washington.edu/nwbfch/
- Topics of Interest
  - Military Families – Summer 2010
  - Preventive Oral Health Care – Winter 2010
  - Domestic Violence – Winter 2009
  - Off to a Good Start: Mental Health Promotion for Young Children -- Winter 08
  - Preventing Perinatal Depression -- Summer 07

Good General IMH Professional Books

  Infant and Toddler Mental Health: Models of Clinical Intervention with Infants and their Families.  
  Infant Mental Health Services Supporting Competencies/Reducing Risks: A Manual for Community Programs.  
  Michigan Association for Infant Mental Health.  
  www.mi-aimh.org
- Tronick, E (2007)  
  The Neurobehavioral and Social-Emotional Development of Infants and Children.  

Early Childhood Policy Websites

- ZERO TO THREE Policy Center  
  General Link – They send out great info and updates!  
  www.zerotothree.org/public-policy/
  Early Intervention Page  
- Birth to Five Policy Alliance  
  www.birthtofivepolicy.org
- Ounce of Prevention Fund  
  www.ounceofprevention.org
- First Five Years Fund  
  www.ffyf.org

More General Good Professional Resources

- All ZERO TO THREE PRESS
    Evidence-Based Practice in the Early Childhood Field.
References
(not otherwise listed)


Resources to Help In Pierce County

- A Step Ahead Pierce County
  Candy Watkins, Executive Director
  Project BOOST
  Christy Kimpo, PHD, LMHC

A Step Ahead in Pierce County

- Initially, served delayed foster children
- Part C services – Early Intervention
- Home visits
- Noticed other foster children w/issues
  - Not developmentally delayed
  - Big behavioral challenges

Fostering Care Program Begins

- Reasons for the program
  - Many foster children didn’t qualify for help
  - Foster parents – different skills & experience
  - Relative caregivers (training optional)
  - Few caregivers aware of:
    - Impact of trauma
    - Impact of attachment disruptions
What is the Boost Program

Three components of the program:
- Collaborative community network
- Referrals to community partners
  - Monitor Pierce County Birth to five programs
  - Screen & refer to other programs
- Foster family support program

Sustaining Boost Program

- Create access to Medicaid funding
- DSHS/Children’s Administration
- Bamford Family Foundation
- Boeing
- City of Tacoma (Mental Health tax)
- Greater Tacoma Community Fund
- United Way
- Individual Donations/Fundraising Events

Our Triage Process

(253) 471-2727
www.asapc.org

© Christy Kimpo, PhD, LMHC

What to Expect

When you make a referral, we:
- Contact social worker for ROI (release)
- Request copy of CHET screening
- Schedule w/foster family
- Do screening & developmental assessment
- Refer to other services or
- Provide family support services
- On request, provide feedback to SW

Boost Family Support Services

- Home visiting
- Support foster parents
  - Emotional co-regulation
  - Education
- Support social/emotional development
- Monitor / support typical development
- Promote stability of placement